

# Child and Family Services



**September 2006**

## Office of Child and Family Services Staff

### **Shirley Ricks – Director**

Keisha White – Administrative Support  
Stella Stith – Administrative Support  
Janet Lung – Manager of Child and Adolescent Services  
Frank Beylotte – Evaluation Associate  
Will Bronson – Child and Adolescent Program Coordinator  
Malcolm King – Adolescent Substance Abuse Coordinator  
Martha Kurgans – Women's & Substance Abuse Coordinator  
Susan Pauley – Adolescent Training Coordinator  
Mary Ann Discenza – Part C Coordinator  
Karen Durst – Part C Consultant  
Bonnie Grifa – Part C Consultant  
David Mills – Part C Consultant  
Beth Tolley – Part C Consultant  
Mary Ann White – Part C Consultant  
Beverly Crouse – Part C Consultant

Copies of this newsletter and contact information for OCFS staff are available at:

<http://www.dmhmrzas.virginia.gov/CFS-default.htm>

## New Staff in Office of Child and Family Services

Susan Pauley

*Training Coordinator – Project TREAT*

We are very pleased to tell you that Susan Pauley joined the Office of Child and Family Services staff on July 10. Susan is a member of the Project TREAT team and her role will be to coordinate statewide training and technical assistance focused on best practices specific to youth with substance use and co-occurring disorders and their families. She is working under a contract between DMHMRAS and the Mid-Atlantic Addiction Technology (ATTC) Transfer Center. Project TREAT is funded by the SAMHSA Center for Substance Abuse Treatment and will enable DMHMRAS and the Mid-Atlantic ATTC to partner to address building infrastructure for adolescent services and addressing the training needs of community service providers. Susan has a broad range of experiences in the SA field

spanning 30 years and including positions with private and non-profit organizations as well as two CSBs.

## Legislation

The General Assembly passed HJR 96 encouraging the Board and the Department of Education and the Board and the Department of Mental Health, Mental Retardation and Substance Abuse Services and other relevant entities to take certain actions to improve the education and treatment of individuals with autism spectrum disorders. The Board and Department of Mental Health, Mental Retardation and Substance Abuse Services are urged to continue to expand training opportunities that include approaches specifically addressing the needs of children with autism spectrum disorders. The Department will be establishing a workgroup to address training opportunities for children with autism spectrum disorders served by CSBs.

## Federal Initiatives

### **Demonstration Grants to Provide Community-Based Alternatives to Psychiatric Residential Treatment Facilities**

As part of the Deficit Reduction Act of 2005, Centers for Medicare & Medicaid Services (CMS) has announced the availability of \$218M in demonstration grants to be awarded up to 10 states to help provide community alternatives to psychiatric residential treatment facilities for children. These demonstration grants available over a five year period will also assist States in their efforts to adopt strategic approaches for improving quality as they work to maintain and improve each child's functional level in the community. An applicant's informational conference is scheduled for September 19, 2006 and proposals are due October 18, 2006. The Department will be working with DMAS to develop an application for the grant.

## **Demonstration Grant on Money Follows the Person**

The Deficit Reduction Act of 2005 (DRA) authorizes Health and Human Services (HHS) to procure competitive awards to States to increase the use of community-based versus institutional services. Demonstration grants are being made available to states that demonstrate flexible financing of long-term service and supports that enables funds to move with an individual to the most appropriate and preferred setting as the individual's needs and preference change.

A Steering committee has been established to assist in the development of the application for the Commonwealth. Grant applications must be submitted through the State Medicaid Agency (DMAS) and are due by November 01, 2006.

## **State Initiatives**

### **Children's Services Ombudsman**

The Office of Child and Family Services is participating in an advisory group to the Commission on Youth's study of an Office of Children's Services Ombudsman. The study group is considering whether there is a need for this office in Virginia and, if so, what functions are appropriate for the office. Information is being gathered about relevant functions already in place in Virginia and about ombudsman offices in other states. The next meeting is on September 25. We will keep you posted on this activity as recommendations are made.

### **Early Childhood**

By virtue of an Executive Director from Governor Kaine, an inter-agency work group known as the Governor's Working Group on Early Childhood Initiatives has been established. The purpose of the work group is to promote the work of "strengthening public and private early childhood programs". The Governor is committed that children will be ready to learn when they enter school and early childhood initiative will help children succeed. The group will include agency representatives and will be chaired by Kathy Glazer, who has been serving as the Early Childhood Initiative Director

### **System of Care/Evidence-Based Practice Demonstration Projects**

The Office of Child and Family Services (OCFS) is pleased to announce the awarding of funds to support the implementation of two additional System of Care

(SOC) Demonstration Project sites for a total of four sites.

On July 20, 2006, Commissioner James S. Reinhard announced that the Alexandria CSB and the Cumberland Mt. CSB will receive funding of up to \$475,000 in state funds to begin providing family functional therapy (FFT) programs for youth who have serious emotional disturbance, are involved with the juvenile justice system, and/or are being returned from residential care with co-occurring mental health and substance abuse issues.

These programs join the Richmond Behavioral Health Authority's MST program and Planning District One's FFT as the demonstration sites for this SOC initiative.

### **CSB Projects in Juvenile Detention Centers**

The Office of Child and Family Services (OCFS) congratulates the following community service boards as being recipients of funding awards of up to \$110,000 for the provision of mental health screening and assessment services to children in the local juvenile detention facility:

- Alexandria CSB/Northern VA Detention Home
- Blue Ridge Behavioral Health/Roanoke Detention Center
- Colonial CSB/Merrimac Detention Center
- Danville CSB/W.W. Moore Detention Center
- New River Valley CSB/New River Valley Detention Home
- Region 10 CSB/Blue Ridge Detention Center.

The addition of these programs increases the number of juvenile detention facilities with mental health programs to 14 detention centers and provides for a clinician and a case manager housed at the site.

These new projects join the following sites in providing mental health screenings, assessments, and/or individual/group therapy to youth while being detained:

- Central Virginia CSB/Lynchburg Juvenile Detention Center
- Chesapeake CSB/Chesapeake Juvenile Justice Center
- Chesterfield CSB/Chesterfield Juvenile Detention Home
- Crossroads CSB/Piedmont Juvenile Detention Home
- Norfolk CSB/Norfolk Juvenile Detention Home
- Planning District One Behavioral Health/Highlands Juvenile Detention Home
- Richmond Behavioral Health/Richmond Juvenile Detention Home

- Valley CSB/Shenandoah Juvenile Justice Center

### Virginia Federation of Families

The Department continues to support the work of the Virginia Federation of Families in providing resource coordination for individuals, training opportunities for parents and family members, and assisting with the efforts of the various support groups.

We are very pleased to report on the success of the first annual "Strong Roots for a Healthy Future" conference held at the Charlottesville Omni on July 28-29, 2006. This conference provided a wonderful opportunity for 100 families of children with special needs and/or disabilities to come together with professionals to discuss various topics important to the care of children with special needs. Featured speakers at this event included Mr. Frank Tetrick, Asst. Commissioner, Division of Community Programs and Dr. Adolph Brown, Psy. D., of the Wellness Center located in Virginia Beach, VA.

As the result of this event, plans are underway for similar training opportunity in 2007. For additional information on the VA FOF or parent involvement, please contact Ms. Vicki Hardy-Murrell; Director; VA Federation of Families at 1-877-264-8366 or via internet at [www.vafof.org](http://www.vafof.org).

VA FOF is a non-profit corporation. Primary funding for VA FOF and VA-INFO is provided by the VA Department of MH/MR/SAS with federal Center for Mental Health Services (CMHS) Block Grant funds. Donations are welcome.

### Women's Services

OCFS continues to improve services for pregnant and parenting substance using women and facilitates an interagency workgroup devoted to identifying new strategies for improving services for substance exposed newborns and their families. If you would like more information regarding the workgroup's activities or services for this population please contact Martha Kurgan.

In an effort to support gender specific education and training, OCFS provided VSIAS scholarships to 46 CSB staff members responsible for providing women's services. Interest in serving this population appears to be increasing - more than 100 VSIAS participants attended an informal "Lunchbox" discussion on Engaging Pregnant Substance Using Women in Treatment. Dawn Farrell Moore, Richmond Behavioral Health Association, and Martha Kurgans, OCFS staff

facilitated the discussion.

### New Mental Health Block Grant Funding Provided for System of Care Services

**Good news for children's services! Additional ongoing funds from the Community Mental Health Services (CMHS) Block Grant became available due to efficient management of the community pharmacy.** This has enabled DMHMRSAS to provide CMHS Block Grant funding to CSBs that did not previously have any Mental Health Block Grant funds for services to children with serious emotional disturbance. Of the \$1.9 million in ongoing CMHS funds available, \$450,000 (approximately 24%) has been allocated for community services for children with serious emotional disturbance. Approximately 22% of the target population for the CMHS Block Grant is children ages 0 through 17 with serious emotional disturbance. DMHMRSAS submitted its annual application for the CMHS Block Grant on 8/31/06.

The CSBs affected by this allocation are required to submit a plan to DMHMRSAS describing their intended use of the funds. CMHS Block Grant funds must be used to support a comprehensive, community-based system of care. The funds may not be used for inpatient or residential services. This will be an opportunity for those CSBs to develop their systems of care and to meet some needs of children with serious emotional disturbance that are not covered by existing funding.

### COSIG – Integrating Mental Health and Substance Abuse Services

- **Co-occurring State Incentive Grant (COSIG)**, a three-year federal grant to Virginia to support integration of mental health and substance abuse services. Virginia is completing its second year of the grant, during which a host of activities promoted improved services to the co-occurring populations. CSBs received technical assistance and consultation, training, and signed a charter committing to integration of services.
- **COSIG targets all populations across the life-span, so that means it includes children, adolescents and their families.** Recently carry-over unexpended funds were made available for CSB training and proposals were requested for the use of the funds. Six proposals were awarded funds for services for the child and adolescent population; the Office of Child and Family services was awarded funds to support

increased CSB slots at the EBP training sessions:

1. Alexandria -
2. Central Virginia
3. Mount Rogers
4. New River Valley
5. Portsmouth
6. Richmond

## **Early Intervention Update**

### **Guide-By-Your-Side**

The Virginia Department of Health (VDH) Virginia Early Hearing Detection and Intervention (EHDI) Program has begun a new project called Virginia Guide-By-Your-Side (GBYS). The GBYS program is “designed to provide the unique support of experienced families of children who are deaf, hard of hearing and deaf/blind to families at the time of their child’s identification of hearing loss as well as at other crucial times throughout the parenting year”. A “Family Guide” will be designated to provide timely, unbiased, and complete information regarding communication options and available resources to families of children who have recently been diagnosed as deaf or hard of hearing; emotional support; and, timely referral to Part C Early Intervention services.

Questions about the Virginia GBYS Program can be directed to Ruth Frierson at [ruth.frierson@vdh.virginia.gov](mailto:ruth.frierson@vdh.virginia.gov)

## **Child & Family Behavioral Health Policy and Planning Committee (330F)**

The Child and Family Behavioral Health Policy and Planning Committee submitted its report to the Chairs of the House Appropriations and Senate Finance Committee on June 30, 2006. For a complete version of the report, please visit the Office of Child and Family Services web page on the Department’s web site. (<http://www.dmhmrzas.virginia.gov/>) This report builds on the 2005 report by outlining a ten-year plan for developing children’s behavioral health services in Virginia organized around three goals with strategies, activities, and measures. The goals are:

- Healthy, strong, resilient, stable families as evidenced by children, who live in a safe home, attend school, make educational progress and are involved in positive peer activities and have their needs for healthy development met in their homes and communities.
- Equitable access to services without regard to racial/ethnic status, socioeconomic status, and

geographic location as evidenced by all children having health insurance, mental health and substance abuse services that are covered under private insurance, and children and families who have access to behavioral health services and supports when they need them.

- Children are provided with humane, least-restrictive and effective services that support healthy child development, as evidenced by children’s needs that are accurately assessed, children’s needs that are matched to appropriate treatment interventions and levels of care, and family and child preferences and strengths that are driving forces in treatment planning.
- Additionally, clinicians and treatment programs utilize evidence-based, promising and best practices.

In addition, the committee made funding recommendations around increasing capacity, increasing and enhancing the size of the workforce and providing family support and education. The total funding request was \$6.418 million.

On July 11, 2006, Shirley Ricks, Director of OCFS and Brian Meyer, Chair of the CFBHPP committee presented the report to the subcommittee on Behavioral Health Care of the Joint Commission on Health Care.

On September 14, 2006, Ray Ratke, Deputy Commissioner will make a presentation on DMHMRSAS children’s funding to the subcommittee on Behavioral Health Care of the Joint Commission on Health. The presentation will be at 1:00 in the General Assembly Building.

## **Upcoming Training Opportunities Available**

### **Mental Health Services in Juvenile Detention Centers Training**

The Office of Child and Family Services is working with the Department of Criminal Justice Services to sponsor a training event for localities operating a Mental Health program in the local juvenile detention center. This event will take place in fall of 2006 and will feature opportunities for both mental health professionals and juvenile detention practitioners to receive valuable training in a variety of topics relative to the intersection of mental health and juvenile justice. Stay tuned for details. For immediate questions or to offer input on the training agenda, feel free to contact Will D. Bronson.

## **Adolescent Evidence Based Treatment:**



## Knowledge Exposure

Project TREAT will provide 2 free trainings, *Adolescent Evidence Based Treatment: Knowledge Exposure*, in Abingdon (August 29<sup>th</sup>) and Roanoke (August 31<sup>st</sup>). These trainings are the first in a statewide series sponsored by DMHMRSAS, the Mid-Atlantic ATTC and the Substance Abuse and Mental Health Services Administration (SAMHSA). The one day trainings are available to CSB staff as well as their community partners e.g. juvenile justice, child welfare, education etc providers. The training will address Evidence Based Programs (EBP), how they can be used to improve clinical outcomes, the pros and cons of implementing them in community settings and will highlight several adolescent EBPs. They will also provide information regarding Project TREAT and the training and technical assistance available to the CSBs through this initiative. OCFS is currently in the process of scheduling the *Adolescent Evidence Based Treatment: Knowledge Exposure* training in Richmond, HPR 1, Tidewater, and Northern VA. Dates and additional information will soon be available.

## 4th Annual Child Psychiatry Fall Conference

### ***Unraveling the Complexities of Co-Occurring Disorders in Adolescents***

Hosted by the Virginia Treatment Center for Children and Commonwealth Institute for Child and Family Studies Department of Psychiatry, Division of Child and Adolescent Presents

By attending this conference highlights:

- Assessment and treatment planning considerations for youth with both mental health and substance abuse disorders
- Research basis for use of cognitive behavioral therapy and motivational interviewing for treatment a Co-Occurring substance abuse disorder
- Medical issues and psychopharmacology in youth with Co-Occurring disorders

September 29, 2006, 8:30 a.m. – 12:30 p.m.  
Jonah L. Larrick Student Center, 641 North 8th Street,  
Richmond, Virginia 23298

## Primer Hands-on Training

The National Technical Assistance Center for Children's Mental Health at Georgetown University is once again sponsoring "Primer Hands On"

training. This is an exciting capacity building initiative to build a network of key leaders who are trained in a detailed understanding of what it takes to build effective systems of care. Based on *Building Systems of Care: A Primer*, by Sheila Pires, the training covers the structure and elements of effective systems of care and the strategic processes essential to engaging partners in systems building. Many people from Virginia have already had this opportunity. The next training will be held on November 8 & 9, 2006 in Washington, DC. Please respond by Monday, September 11, 2006 if you are interested in participating by contacting Anna de Guzman at [avd4@georgetown.edu](mailto:avd4@georgetown.edu) or by fax at 202 687-1954.

## Training Accomplishments

### **National System of Care Training Institutes**

The OCFS funded the travel and expenses for 24 representatives from Community Services Boards through the Commonwealth and one representative from the Virginia Federation for Families to attend the National Systems of Care Training Institutes. The institutes were held in Orlando Florida July 12 through 15. The National Technical Assistance Center for Children's Mental Health at Georgetown University hosts these institutes every two years. These trainings are regarded as the gold standard in training for the systems of care model. This applies not only to introductory level training, but also to intermediate and advanced training. Additionally, localities were able to network with representatives from throughout the country to share their experiences, challenges and successes. More information on the institute can be found at their website: [http://gucchd.georgetown.edu/programs/ta\\_center/index.html](http://gucchd.georgetown.edu/programs/ta_center/index.html)

### **Virginia Summer Institutes for Addiction Studies**

Over 900 participants attended the Virginia Summer Institute held in Williamsburg, VA July 17-21. The Institute offered a comprehensive adolescent track which featured both treatment and prevention trainings that addressed adolescent substance abuse and co-occurring disorders. Through Project TREAT, OCFS was able to sponsor VSIAS scholarships for 52 CSB staff and 45 providers drawn from mental health, juvenile justice and child welfare agencies. VSIAS will begin planning next summer's adolescent track very

soon and invites your suggestions. Please contact  
Malcolm King or Susan Pauley.

.....

© *Child and Family Services, 2006*